

## Popeye's renovates

Renovation of Popeye's interior will force its closure for about three months. Army and Air Force Exchange Service will remove its equipment from the facility by Nov. 18 and a Director of Public Works contractor will replace the floors by Jan. 18. AAFES will then rework the interior and reopen Feb. 1. Meanwhile, Taco Bell, Burger King, and Anthony's Pizza remain open.

## New IDs get issued

Mass issuance of the new Common Access Card for active duty soldiers begins Dec. 1 at Detachment A, 90th Personnel Services Battalion. Contact your battalion S1 for an appointment or the customer service section at mil 485-6199.

## Easy appointments

A new telephone line for customers to schedule appointments has been added at the Baumholder U.S. Military Health Clinic central appointment desk. Appointments may now be scheduled by calling mil 485-8080/8070/6192 or civ (06783)6-8080/8070/6192.

## Native heritage

November is Native American Heritage Month and Division Artillery, 1st Armored Division, is hosting a special guest. Michael Bailey, assistant chief of the Great Choctaw Nation, will address the community at 1 p.m. Nov. 21 in the Wagon Wheel Theater. Everyone is invited to attend. Bailey will be traveling with Matt Novick, managing officer of the Choctaw Nation.

## Retirees meet

The quarterly community retiree forum meets Dec. 3 at Haus Aulenbach at 6:30 p.m. All military retirees and their families are invited to join the forum for dinner. The main topics for the evening will be a discussion and review of the 2002 U.S. Army in Europe retiree day and annual retirement officers' seminar as well as casualty assistance for retirees and their families. For more information call Bill Kalavsky at mil 485-6150.

## Religious services

The following religious services are available during November and December.

- Ramadan, through Dec. 6, Call mil 480-5061 for Muslim service information.

- Thanksgiving service at Chapel One, Nov. 27, Chapel One, call mil 485-1570

- Hanukkah, Nov. 30 Dec. 7, call Rabbi Cohen at mil 480-6149 for Jewish service information.

## AAFES is hiring

There are retail and food positions available at the Baumholder,

# Post notes



Photo by Ignacio "Iggy" Rubalcava

Lt. Col. Todd Buchs, 222nd Base Support Battalion commander, talks to Spc. Justin Brown, the first ever Army Soldier of the year, before he was showered by the community with numerous awards.

## Top soldier belongs to Baumholder

Spc. Justin Brown from Baumholder, Germany, knows how hard soldiering can be, but the competition to be the best of the best proved to be more than what he bargained for.

"It was rough, very professionally run, but tough as all get-out," said the 21-year-old test measurement and diagnostic equipment maintenance and support specialist, "the guy that fixes what others need to fix tanks and stuff."

Brown, a soldier for two years and one month, and 22 others from bases around the world gathered in Virginia for the first-ever U.S. Soldier of the Year and Noncommissioned Officer of the

Year competitions.

Upon his return to Baumholder, Brown was showered with awards from the community. The 222nd Base Support Battalion, Army and Air Force Exchange Service, the commissary, the BOSS program and the Department of Defense Dependent Schools system all presented Brown various gifts and awards ranging from cash to T-shirts.

The Army has had similar competitions at the battalion, brigade, division and major command level but this was the first Army wide competition.

Sgt. Maj. Jack Tilley, the sergeant major of the Army, always wondered the Army did not have a world wide competition.

"I never could figure out why the competitions never went past the command level. When I got to be sergeant major, I said I'd like to see this go further, and see who is the best in the Army," Tilley said. "It's proved that soldiers really like competition. It's proved they want to be challenged."

Tilley said he got no opposition from the leadership - either for calling soldiers away from their posts or for the cost associated with sending them to Washington for a week.

"I had no problems at all," Tilley said. "The chief of staff, the secretary of the army, all were very supportive."

Ramstein, and Kaiserslautern Army and Air Force Exchange Services facilities. Starting pay for food is \$7.58 an hour and starting pay for retail is \$7.33 an hour. Persons interested may inquire at the Human Resources Office in Building 8402. The HRO is open Mondays through Fridays from 9 a.m. - 5 p.m.

## Thanksgiving meal

Baumholder's Division Artillery Dining Facility serves a traditional Thanksgiving meal Nov. 28 from

noon to 2 p.m. All soldiers, their families, guests and retirees are invited. The cost is \$5.25. Soldiers E-4 and below and their family members pay \$4.55. There is no cost for meal card holders.

### Unit schedule is:

Noon - 12:30 p.m., Headquarters, Headquarters Company 2-6 Infantry

12:30 - 1 p.m. B Company 2/6 Infantry

1 - 1:30 p.m. C Company 2/6 Infantry

1:30 - 2 p.m. B Company 1/35 Armor

## Mailing deadlines

Postal officials at the 1st Personnel Command recommend mailing packages early to ensure they reach the United States in time for the holidays.

To ensure a Christmas delivery, mail them no later than the following dates:

- Space available mail parcels, Nov. 20

- Parcel airlift, Dec. 4
- Priority parcels, Dec. 11
- First class letters, Dec. 11
- Express mail, Dec. 18

## Host nation events

The holiday season is fast approaching and Germany's traditional quaint Christmas markets are sprouting throughout the region. The following schedule of happenings in Germany include just a few of the markets within driving distance of Baumholder. For more information on these events or other activities in the German community call the 222nd Base Support Battalion Public Affairs Office at mil 485-1600 or civ (06783)6-1600.

Nov. 13, Horses Market in Quirnbach

Nov. 30, Flea market in Metz, France

Nov. 29 - 30, Christmas Market in Oberstein

Nov. 30, Andreas Market in Kirn

Nov. 21 - Dec. 22, Christmas Market in Trier

Nov. 25 - Dec. 23, Christmas Market in Kaiserslautern

Nov. 28 - Dec. 23, Christmas Market in Mainz

Nov. 30 - Dec. 1, Christmas Market in Bad Muenster (near Bad Kreuznach)

Nov. 30, Christmas Market in Reichenbach

Nov. 30 - Dec. 22, Christmas Market in Bernkastel Kues

Nov. 30 Christmas Market in Berglangenbach

Nov. 30 - Dec. 1, St. Andreas Market in Landstuhl

Dec. 1, Christmas Market in Heimbach, Besenbinderhalle

Dec. 3, Christmas Market in Kusel

Dec. 5, Santa Claus Market in St. Wendel

Dec. 7 - 15, Christmas Market in St. Wendel

Dec. 7, Christmas Market in Hahnweiler

Dec. 6 - 7, Christmas Market in Baumholder

Dec. 6 - 7, Christmas Market in Idar

Dec. 6 - 8, Christmas Market in Kastellaun

Dec. 7, Santa Claus Ball in Baumholder, Bruehlhalle

Dec. 7 - 8, Christmas Market in Bad Muenster (near Bad Kreuznach)

Dec. 7 - 10, Christmas Market in Birkenfeld

Dec. 13 - 15, Advents Bazaar in Kusel

Dec. 13 - 15, Christmas Market in Bingen

Dec. 14 - 15, Christmas Market in Bad Muenster (near Bad Kreuznach)

Dec. 14, Flea Market in Metz, France

Dec. 31, Open Air New Years Party in Kirn

## New BSB CSM aims to make things better

*"If we're great right now, I want it to be even better when I'm done here."*

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs Office

When Ann McDaniels was a sophomore in high school and growing up in Conneaut, Ohio she new even then that the military was calling her.

That was 24 years ago and now that small town girl is rolling with the 222nd Base Support Battalion as its new command sergeant major.

"I had always known that I wanted to come in, probably because I came from a real small town and I looked at the Army as a way to travel, see exotic places, and stuff like that," she said.

"When I first came in I think I had every intent of leaving after one term. I wanted to try it but I didn't have any long term plans at that time but when I reenlisted the first time, I knew I was in for the long haul. I probably thought I would retire at 20 at that point but I'm still having fun. I mean I love it. I love doing what I'm doing. So I figure I'll probably be here until 30," she said.

In her 24 years with the Army, McDaniels has seen duty with PERSCOM, spent time in Panama,

Korea, served as a drill sergeant, worked with the Department of the Army IG and did some time as a writer at the academy. Her most recent tour was at Fort Jackson where she was the command sergeant major for a basic training battalion for two years before coming to Baumholder.

"I love it," said McDaniels about her assignment in Germany. "I had never been to Germany so for that reason I told my branch if something came available in Germany to

please keep me in mind. Out of the blue I got a call and they said there is a job open. And sure, I volunteered to come here."

McDaniels has been here just a little over one month and she is still acquainting herself with the community. At this point, getting her feet wet is the name of the game.

"Right now I'm just in the learning mode. I don't know if we're lacking something.. Is there something out there we need

to be doing? Or is there something that we need to do better? I really don't have a good feel for that right now," she said.

"So far I'm very impressed. I mean we're very busy. Baumholder itself seems to be the deployment capital of the world," she said.



**CSM Ann McDaniels**



Photo by Ignacio "Iggy" Rubalcava

Command Sgt. Maj. Ann McDaniels and Lt. Col. Todd Buchs, 222nd Base Support Battalion commander, visit with one of the participants at the recent health fair at the Hall of Champions.

Being new to the community, though, one of her immediate goals is to get out and meet everyone and see everything that Baumholder has to offer.

Her ultimate goal, no matter where she is, is to make things better. "If we're great right now, I want it to be even better when I'm done here. What I'm doing right now is trying to get out and meet everybody in the community because the BSB is community related. That's what we do," she said.

Her work philosophy is simple and mirrors what the 222nd BSB is all about. "My thought process has always been that we're all here to support the military and the military community, whether we're civilians or soldiers, it doesn't matter," she said.

She believes in being honest and expects others to be straight with her as well. "I have always tried to live by doing what's right because that's what's expected of us and that's what I demand of other people," she added. "I don't want people to be dishonest. I don't want people to be afraid to tell me what

the truth is. I just want them to be open and honest and I'll do the same to them," said.

Off-duty, McDaniels is a mom who enjoys the company of her 7-year-old son. "He's into sports and stuff like that so I'm always there supporting him," she said.

"I personally like to ride bikes. I like racquetball, bowling, volleyball and of course, being a female, I like shopping. I like that part of Germany.

"Really," she explained. "I like to go out and do things, whether it's to take my son out to the movies, go to the park, or just visit places. There is so much history in Germany. I'm really interested in getting away and seeing some of that while I'm here," she said.

As a woman in the Army, McDaniels says that doing what was expected of her and not looking for special treatment has paved the way for her Army career. "I have never had a problem being a woman in the military. I think what helps is that the military is mostly based on a rank structure. I know there's still MOS's and areas that females can-

not go or work in. But, I have always seen it for myself, as long as I am doing what I'm supposed to do, as a soldier, my gender does not get in the way.

"A perfect instance is when I was a drill sergeant. At that time there were only two females in our whole battalion where now you have two in every company. We were expected to do the same thing as every male, and of course we should have been, because that was our job.

"That's the way I look at it. I'm going to do everything, do every task, climb every mountain, do everything that my peers are doing and because of that I think I have had no problems.

"Now If I would have said, okay, I expect something different because I'm a female I think I would have run into problems. But I've never looked at it like that. I've looked at the Army like this, you have a rank, you have a job, there's certain requirements you have to fulfill, and you do them. By doing that I've never seen a problem, as far as being a female.

## BSB civilians step up to voluntary physical fitness

A civilian physical fitness program designed to increase organizational readiness and work performance began Nov. 2. Some 30 participants from the 222nd Base Support Battalion Provost Marshal's office have been selected as the first group to participate in this pilot program.

"There was a great interest in the program by civilians assigned to the provost marshal's office so they were selected as our pilot

group," said Chris Sorrells, health promotion coordinator.

"Civilians employed by the Army are encouraged to engage in a regular program of exercise and other positive health habits and this program, although strictly a voluntary, has strong command support," she said. Supervisors may approve up to three hours of excused absence per week for up to six months in duration to participate in the program.

"This program has been running very successfully in other communities throughout the 104th Area Support Group and U.S. Army in Europe for the past few years. Program results, to include employee satisfaction and improved health benefits, have exceeded expectations.

"We're thrilled to be bringing this program to Baumholder, and have received an enthusiastic response from supervisors and em-

ployees. We are working with a pilot program of approximately 35 participants at present, and look forward to rolling this program out to the entire civilian community in the spring," said Sorrells.

"This program is the first step in providing civilian employees the opportunity to increase their health status and quality of life," she said.

"If you are just starting a fitness program, take it slow and don't be discouraged. Remember, it will take

time for your body to adjust. For those of you who are already physically active, keep up the good work and challenge yourself every day," she said.

The progress of those participating in the program will be monitored before, during and after and participating civilians are responsible for coordinating with their supervisors for appropriate dates, times and specific locations to exercise.



## Two hot country groups perform

One of country music's brightest new stars, Jamie O'Neal, and a group with a history of gold records, Restless Heart, perform at the Wagon Wheel Theatre in Baumholder on Nov. 20 as the headliners for Operation Seasons Greetings 2002.

Jamie O'Neal was the first female artist in more than five years to have a debut song, "There is No Arizona," skyrocket to number one and have her second release, "When I Think about Angels," rise to the top position, also. The success of both songs took her first album, "Shiver," to gold record status.

But she has a long way to go to catch up with the gold garnered by Restless Heart — five gold albums and seven number one singles in a row. During the first ten years of their career, the group received more than a dozen Grammy, Country Music Association and Academy of Country Music award nominations. The group disbanded in 1996 as the members pursued solo careers. OSG 2002 is their first major tour since re-uniting earlier this year.

Operation Seasons Greetings 2002 is sponsored by the United Services Organization and Armed Forces Entertainment in partnership with Headquarters United States Air Forces Europe, Headquarters Air Force Reserve Command and Air Force Reserve Recruiting Service.

"We are very excited to have entertainers like Jamie O'Neal and Restless Heart for OSG 2002," said Mitch Marovitz, director of entertainment for the USO. "Our troops—and their families—sacri-

fice much so that we might be able to live in freedom. I'm so proud to have this opportunity to help bring the finest entertainment our nation has to offer to them, wherever they may be.

Winners of the Academy of Country Music's "Top New Vocal Group of the Year" award in 1990, Restless Heart is well-known for its cross-genre hits both on the country and adult contemporary hit list. In 1986, the group's first chart-topping song, "I'll Still Be Loving You," crossed over to be the #3 hit on the adult contemporary hit parade and at #33 on the pop list for the year. "When She Cries" was the BMI Pop Song of the Year in 1993, going number one on the adult contemporary chart. Other chart-toppers include "Tell Me What You Dream," "That Rock Won't Roll," "Wheels," "The Bluest Eyes in Texas," "A Tender Lie," "Fast Movin' Train," "Dancy's Dream," and "Mending Fences."

"Being a huge fan of military aircraft, I can't tell you how excited I am to be able to get up close and personal with our armed forces and the equipment they use," commented John Dittrich, the drummer for Restless Heart.

"I am proud to be able to entertain our service men and women who are on the front lines of our country's defense and who make huge sacrifices to ensure that we here at home can enjoy the freedoms that we do, he said."

Warming up the audiences for the seven-stop, 14-day tour are top-notch professional musicians from the Band of the Air Force Reserve and U.S. Air Forces in Europe Band.

## Sport injuries are preventable

# Enjoy injury free sports, be aware of risks

**By Capt. Kristal Melvin**  
U.S. Army Health Clinic,  
Baumholder

The school year is well under way and parents are deep into the school sports schedule scuffle. Active people of all ages are at risk for sports injuries, but many of these can be prevented with some planning and preparation.

The first step, before taking on any sport or activity is to dress appropriately, including safety equipment. Bicycle helmets, skate-

board knee pads, football shoulder pads and baseball batting helmets are all examples of equipment designed to prevent injury. Researchers have shown that an active prevention program can reduce sports injuries by as much as 30 to 40 percent.

Another component of preparation is to be in good physical shape for the chosen activity. No professional athlete in his right mind would attempt to run a marathon without proper training in advance. Even

the youngest of child athletes needs to work on gradual improvement in stamina and strength to avoid muscle strains and joint sprains.

A sprain is an injury to a joint, where bones come together, and occurs when ligaments surrounding a joint are partially torn loose due to sudden twisting movement or turn. A strain occurs when muscles or tendons are over-stretched or torn completely. The most common strain injuries occur in hamstring or calf muscles, quad-

riceps, shoulder rotator cuff or Achilles tendon.

Stretching can also prevent muscle injury. Light stretching before a workout, with longer stretching after the workout, while muscles are still warm, will increase flexibility, reduce muscle soreness and enhance performance. Stretching should be slow and deliberate, without any bouncing or fast movement. Each stretch should be held for a minimum of 30 seconds, with both sides of the body stretched

equally.

Proper hydration prevents heat injuries during sports activities. Athletes should drink water before and during activities. On an average day, with moderately strenuous activity, the athlete should consume at least 8 ounces of water for every 30 minutes of activity. If it is very hot, or the activity is very strenuous, more water will be required by the body.

These guidelines should help you remain healthy and injury free.



## BSB shaken by cries of Halloween fraud

**Story and photos by  
Ignacio "Iggy" Rubalcava**  
222nd Base Support Battalion  
Public Affairs Office

Some people have no shame or scruples when it comes to winning. Such was the case during the 222nd Base Support Battalion's first ever Halloween costume contest. This is an account of the scary and shameful sequence of events leading to what has come to be known as "The Great Greedy Goblin Caper."

The costumed contestants that festively gathered in the 222nd BSB conference room to have their creativity judged had no idea that one amongst came with real skullduggery in mind.

As the judges retreated to their chambers to decide who would walk away with best dressed honors, Bianca Bowen approached the head judge and slipped him a portrait of herself dressed in her costume which she called "The Next BSB Commander."

"Just in case you forget my face, I'd like to make a presentation," said Bowen as she cornered the head judge. "This is for you," she added as she handed him the portrait of herself.

Displaying a brazen attitude and being outwardly proud of her underhanded tactics, Bowen told the other contestants when the judges were out of earshot, "Hey, even if I don't win, I already won."

Despite cries of "fraud" and "trying to buy the judges off," as well as "man this really inhales," Bowen's efforts to sway the judge's decision were successful as she walked away with the first place prize of four tickets to the 222nd BSB Sunday Brunch.

Bowen's accomplice in her Halloween caper to secure the gold was Will Chisholm, who was undoubtedly strong armed by Bowen to play a loud Bon Jovi tune when she made her entrance and every



Although not officially entered in the competition, Brian Baugh claimed to be disguised as the 222nd BSB General Manager

time her name was uttered during the competition.

"I'm not proud of what I did," commented Chisholm after Bowen had secured the tickets for the next Sunday gastronomy fest. "I feel cheap," he added.

It was not revealed if Bowen would invite anyone to accompany her to the brunch or if she was just going to eat for four.

Other contestants who practiced more admirable self discipline had to console themselves with second and third place while those who didn't even place retreated to the drawing board for next year's competition.

"It was a very hard decision," said Lt. Col. Todd A. Buchs, 222nd BSB commander and head judge. "I had both Cheryl (the 222nd BSB command group secretary) and the sergeant major in a headlock until we all agreed on a winner," he said.

Brushing off claims of a rigged contest, Buchs said, "It was the name of her costume that swayed the vote in the end."

Second place went to Maj. Steve and Karen Wise who sported a creative catsup and mustard bottle look. They called themselves "The



Just a booger picking guy.

Condiment Family." Actually they were assisted in coming up with a name for their costumes by another BSB member just minutes before the judging began. Their daughter Kelly was included in the competition. For their honorable efforts, they were rewarded with a big basket of Halloween goodies.

Third place went to Doug Mehler from the Rod and Gun Club who sported an elaborate cyborg-like

costume called "Bio Magnite." His third place prize was a smaller basket of Halloween goodies. Mehler's costume had everyone guessing his identity until the very end. When he finally unmasked Buchs said, "I still don't know who you are."

Other contestants included a cat, an Austin Powers Groupie, a vampire, a blue bear that was overheating in its own fur, President Bush, a booger picking guy, a Sumo wres-

tlar with a ventilator in his rear quarters (to keep his costume inflated), a not so gifted Elvira and a biker who just forgot to remove his road cloths.

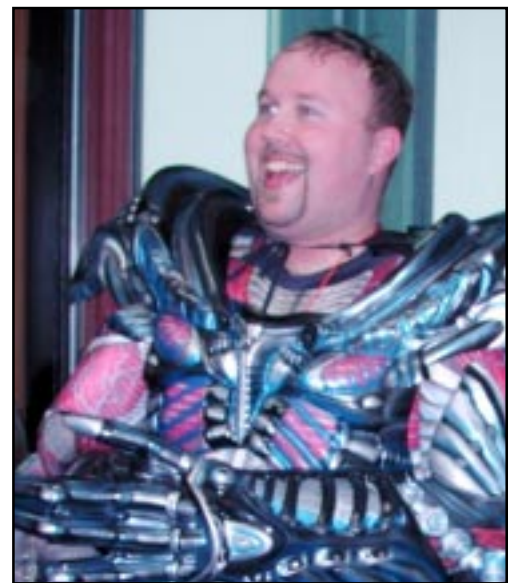
To ensure that this newly established tradition continues to flourish, at least for the next year, Buchs closed the festivities by proclaiming, "Next time, if anyone wants 59 minutes, they'll have to come in costume."



Bianca Bowen demonstrates her winning credentials.



Costume judges Cheryl Krueger, Lt. Col. Todd Buchs and Command Sgt. Maj. Ann McDaniels can't decide on a winner.



Doug Mehler finally unmask but the judges still don't know who he is.